

Signs of Maternal and Child Depression

How do you know when your “baby blues” is something more serious? If your sadness, irritability and anxiety last more than two weeks, you may be suffering from postpartum depression (PPD), which can strike any new mother.

Depression can leave you feeling indecisive and self-critical. When you are depressed, your children suffer, too. Studies show a child with a depressed parent is more likely to become depressed before adulthood. A mother's untreated depression can also affect her child's well-being and development. (Fathers can suffer from depression, too.)



Signs of depression for adults and children include:

Mood swings

Lacking energy or feeling unmotivated

Crying excessively

Feeling overwhelmed, sad and hopeless

Eating and sleeping too much or too little

Withdrawing from family and friends

Having memory problems or trouble focusing

Depression can interfere with you and your child's ability to lead a satisfying and productive life. Please don't suffer in silence. Seeking help is a positive step.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline

10 Signs of GOOD MENTAL HEALTH

Good mental health means feeling a sense of well-being and balance as you handle daily functions. Even when challenges occur, you respond with confidence.

Here are 10 indicators of positive mental health:

1. Strong relationships matter. You maintain lasting and satisfying friendships, which can serve as part of your support network.

2. Spend time on enjoyable pursuits. Leisure time allows you to unwind and provides an outlet for doing things that make you feel good.

3. Connect with others by helping. Volunteering with organizations or helping others can affect your well-being. Making a difference is rewarding.

4. Take care of oneself. Monitoring your health by eating healthy, staying active and getting enough sleep makes you feel good and strong.

5. Deal with disappointment. The ability to bounce back from hardship means you can recover from life's setbacks.

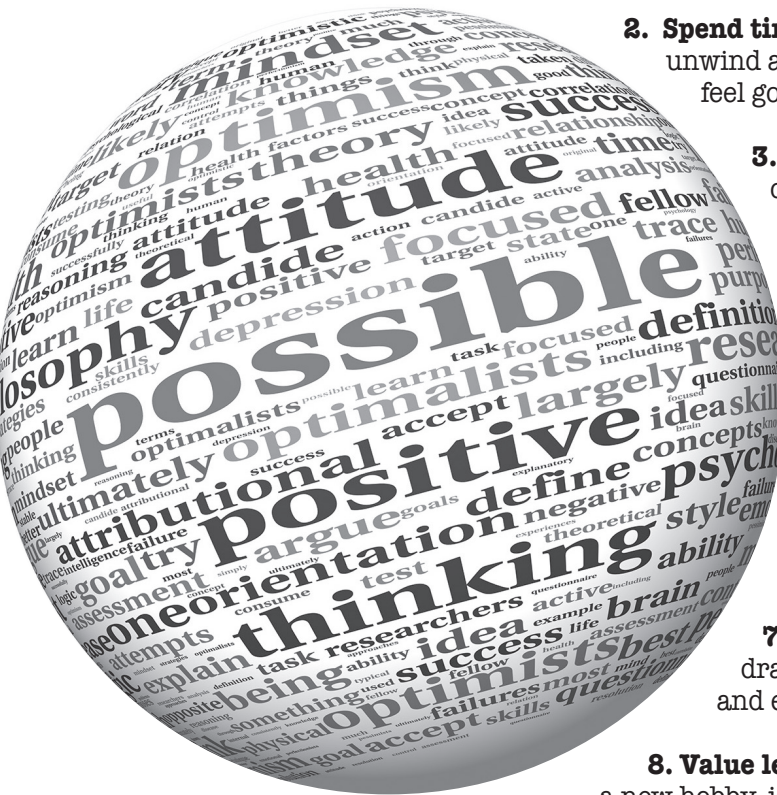
6. Enjoy life. You have the ability to relax, have fun and laugh with others.

7. Limit negative thoughts and habits. Worrying drains your energy and can make you feel anxious, scared and exhausted. Your positive outlook lifts others, too.

8. Value learning. You enjoy challenging yourself, whether it's a new hobby, job or other interests. You like engaging in creative pursuits and are willing to adapt.

9. Ask for help. Feeling tired or overwhelmed is a fact of life. Talking to family and friends and others in your trusted circle provides a listening ear and practical help.

10. Accept oneself. Self-confidence comes from feeling good about yourself. This happens when you know your strengths and weaknesses.



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